



June 2006

Sheriff Garry E. Lucas

## Your Money. Your Kids. Which One Can You Depend On?



Sometimes it's hard to know. Many adult children are loving guardians and caregivers for their elderly parents but unfortunately, that's not always the case. Both of the following incidents occurred recently in Clark County:

Judy (not her real name) *had* a two million dollar estate. Her son talked her into gifting her assets to him so she could qualify for Medicaid, then spent the money on himself. By the time Judy contacted an attorney, her money had been spent. No actual crime was committed in this case because the son only *convinced* his mother to gift her assets to him. What he really stole from his mother was her ability to choose how she wanted to spend her own money on her health care.

In another incident, a daughter who was the guardian for her mother, added herself to her mother's account while she was in the hospital, so she could spend her mother's money on herself. Because she abused her Power of Attorney to spend her mother's money for her own purpose, the daughter will likely be charged with Theft in the First Degree.

Some seniors aren't ever aware that they have been victimized and others may be too embarrassed to report it, so it's hard to know how many actual victims there are. The National Center on Elder Abuse estimates there may be as many as five million victims of financial abuse a year.

Financial abuse of an older adult can include:

- Stealing their money or possessions
- Selling their homes without permission
- Wrongfully using a Power of Attorney
- Opening mail without permission
- Not allowing them to move into long-term care facilities in order to preserve access to their pension income.

Most seniors can depend on their children to do the right thing, but when you need assistance with financial matters, it's a good idea to seek legal advice.

For free financial information, order a copy of the FDIC Consumer News Guide, "Fiscal Fitness for Older Americans" by calling 1-888-878-3256 or log on to: [www.fdic.gov/consumernews](http://www.fdic.gov/consumernews).

Cyber Safety Campaign

ARP, Microsoft, the Attorney General of Washington, and the Federal Trade Commission are combining their resources to help consumers stay safer on the Internet. The "Cyber Safety Campaign" will show you how to protect yourself, your family and your computer. By attending, you will receive a free Cyber Safety DVD, handbook, educational materials and lunch. If you would like to attend this very informative and free seminar, you must pre-register. Space is limited so be sure to call right away.



To register, call: 1-877-926-8300

June 14, 2006 9:30-2:00  
Red Lion Hotel at the Quay

“What You Can Do To Protect Yourself and Your Family From Norovirus”



The Clark County Health Department , through a health education program, will be giving a presentation about Norovirus prevention.

When: Monday, June 12, 2006 6:30 p.m.

Where: Bridgewood Assisted Living 11700 NE Angelo Drive Vancouver, WA 98684



To be placed on the mailing list to receive the free S.A.L.T. Times Newsletter, call the Sheriff's Office Outreach Unit at 397-2211 ext. 3380 or e-mail [Kasey.Frazier@clark.wa.gov](mailto:Kasey.Frazier@clark.wa.gov)

Wire Transfer Scams

Spring always brings the "newest" round of scams –back again. One of the newer ones to surface this year involves using wire transfers to get your money. Western Union, Moneygram and other companies, allow you to send money quickly. This is a great service unless the person you are sending the money to is a fraudster!

You might be asked to invest in something to "check" out a business for a way of supplementing your income. You might be contacted in response to a 'for sale' want ad that you have placed. The way it works, you are sent a check, cashiers check or money order for more than the purchase. You are told the extra is for processing; deposit the check and keep the rest.

The check is probably forged, stolen or fraudulent! You are not only out the money for the wire transfer, but all the money that you deposited into your account plus you have supplied the fraudster with your personal account information!

If it sounds too good to be true, check it out with a legitimate source before you invest.

Marion Swendsen



## Medications Can Affect How You Have Fun in the Sun

Summer is almost here and there are plenty of ways to enjoy it. Did you know that today's average senior (60 and older) takes five to six medications daily? If this is true for you, you may want to consider how medication can affect your activity before you head out for a fun-filled summer day.

Whether you enjoy hiking, gardening, golfing, or relaxing on the beach, heat and sun exposure is a fact of outdoor recreation. **Here are some safety tips to consider while having fun in the sun:**

First of all, know if the medications you are taking may cause your skin to sunburn more easily. Prescription medications usually have instructions that will advise you to stay out of the sun during the hours of 10 a.m. to 4 p.m. or to wear sunscreen if

the medication can increase your skin's sensitivity to sun exposure. Many widely used medications can cause an increased sensitivity to light in some individuals, resulting in hives, rashes, or other skin eruptions. The exact reaction to sunlight exposure depends on the drug

being used. Be aware of skin care products and medicines that may trigger a photoallergic eruption. These include certain antibiotics, as well as prescription medicines that are used to treat psychiatric illness, high blood pressure and heart failure. If you are taking a prescription medication, and you normally spend a great deal of time outdoors, ask your doctor whether you should take any special precautions to avoid sun exposure.

Too much sun or exposure to hot weather can be dehydrating. Many prescription and non-prescription medicines can cause dehydration or make it worse. Dehydration can be a concern for older people, because your thirst urge diminishes with age making it possible to lose important amounts of body water without every becoming thirsty. To prevent dehydration, be sure to drink plenty of water and fluids even if you don't feel thirsty.

### Is boating more your style?

Here are a few things to note before you go out on the boat:

The U.S. Coast Guard cautions boaters that prescription medications for a boat's operator can be nearly as dangerous as the use of alcohol or illegal drugs.

Drugs such as heart medication, blood thinners, insulin, diuretics, antidepressants, and anti-inflammatories can have side effects, but when combined with exposure to the marine environment-heat, cold, motion



or wind-the effects can lead to diminished hearing, vision, concentration, observation and judgment. Under certain conditions, a boater can become disoriented and thoroughly incapable of driving a vessel safely. Obviously, medications that affect balance can also be of significance when on a boat. The key is to be aware of your medical situation and not to put yourself at risk. For more specific recommendations on safe boating, log on to: [www.uscgboating.org](http://www.uscgboating.org).

Perhaps you do a lot of traveling in the summer months? Traveling by airplane can be dehydrating, so it's recommended to drink 50 percent more than you think you need.

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If you plan to travel through several time zones, allow for time differences so that medication dosage schedules will remain constant.

Enjoy a fun, safe summer!

*\*Always consult your doctor or pharmacist if you have any questions about your medication.*



Crime Prevention Through Environmental Design

**Guest Speaker: Larry Levin, State Farm Insurance Agent**

The weather is getting warmer and that means more criminals are out looking for homes that are easy targets to break into. Learn how to protect your home from burglary and make it less appealing to criminals through environmental design.

*Meetings are free and open to all seniors!*

**WEST Meeting:**

June 19 at 11:00 a.m.  
40 and 8 Community Rm.  
7607 NE 26th Ave.  
Vancouver, WA

**EAST Meeting:**

June 26 at 11:00 a.m.  
Camas Police Dept.  
2100 NE 3rd Ave.  
Camas, WA

To request special accommodations or alternative formats please contact the Outreach office, (360)397-2104 or the Clark County ADA Office at (360)397-2045; **TTY** (360)397-2445; or **e-mail** at ADA@clark.wa.gov